

## Alternative Treatments for Neuropathy

Neuropathy is a medical condition in which nerves that transmit signals to the brain are damaged. There are many different kinds of neuropathy and many different treatments. This condition often results in pain, loss of feeling and loss of the ability to control muscles.

[Peripheral neuropathy](#) is caused by damaged nerves in the hands and feet. Symptoms of this condition include pain, tingling sensation, numbness and burning sensation. This ailment is often the result of an underlying medical condition.

Since neuropathy is associated with another medical condition, treating the underlying cause often results in the improvement of the nerve condition. So, it is important to find what is causing neuropathy and to treat the underlying condition first.

[Diabetic peripheral neuropathy](#) is peripheral neuropathy caused by diabetes. To treat this condition, the underlying diabetes must be corrected first. Blood sugar levels must be regulated and maintained.

While correcting the underlying condition, patients may be given treatment to alleviate the painful sensations brought by neuropathy. Conventional treatment is administered to relieve and manage pain and other symptoms. Medications include pain relievers, anti-seizure medications, capsaicin, lidocaine patch and antidepressants. Although anti-seizure medications were originally developed to treat epilepsy and antidepressants were developed to treat depressions, both groups of drugs were found to help relieve pain.

There are also many alternative ways to ease the painful symptoms of neuropathy. These include taking supplements, using herbal remedies, Chinese medicine like acupuncture, certain exercises, change in diet, water therapy, massages, therapies, nerve rejuvenation and other treatments.

Herbs and plant-based remedies like St. John's wort, passionflower, nettle, ginkgo biloba and oat seeds are often used to relieve pain and lessen the burning sensation. Taking vitamins E and B-complex supplements is also found to reduce pain. Massages and exercises may also be employed. These help improve blood circulation in affected areas.

Another alternative solution uses electrical signals that are sent to the affected nerves to rejuvenate them. This is like charging a dead battery.

Before trying any medication for your neuropathy, however, it is important that you talk to your doctor and all necessary tests have been done. This way, only the best and most effective alternative treatment will be applied. Also, this will ensure that no other complication will happen.

<http://peripheralneuropathy.org>